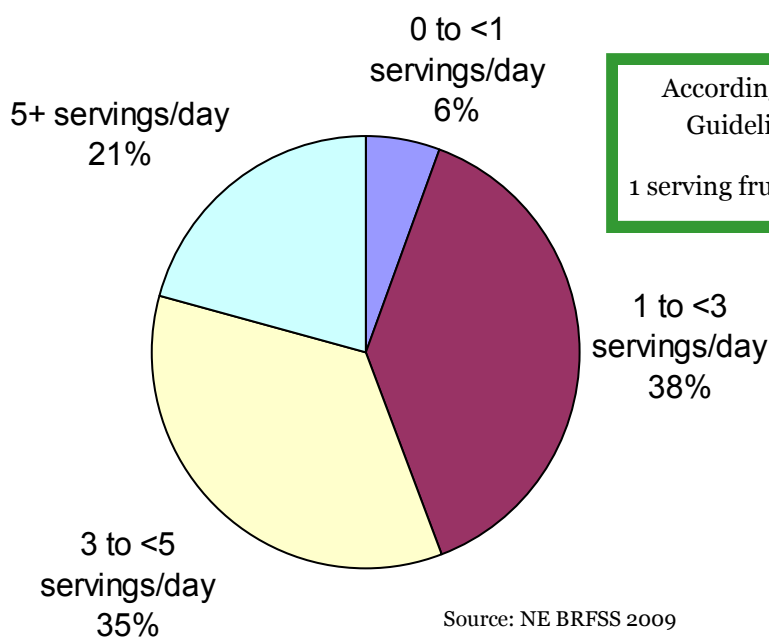


# Fruit & vegetable intake among Nebraska adults, 2009

**Figure 1: Percentage of adults consuming 5 or more servings of fruits and vegetables per day in 2009**

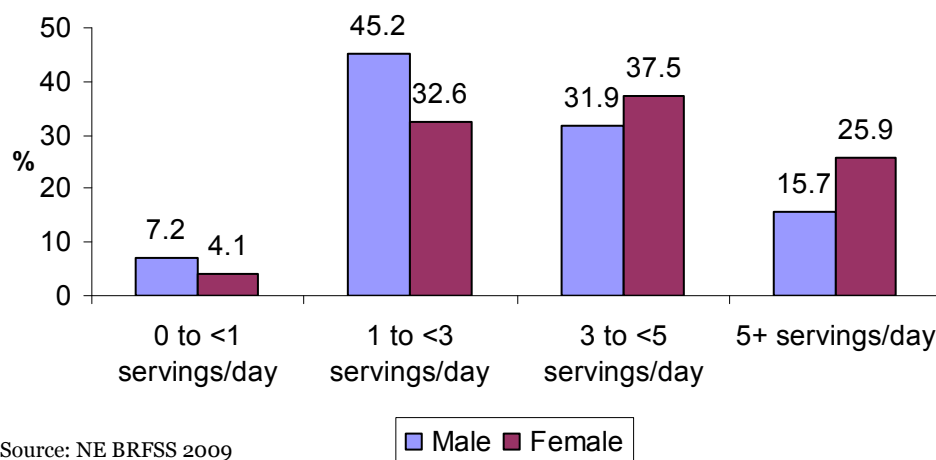
**2009 Nebraska BRFSS Quick Facts :**

- Less than 1 in 4 adults consumed 5+ servings of fruits and vegetables per day in 2009
- Women are more likely to consume 5+ servings of fruits and vegetables per day, on average, compared to men



According to the 2005 Dietary Guidelines for Americans:  
1 serving fruit or vegetable= 1/2 cup

**Figure 2: Percentage of adults consuming 5 or more servings of fruits and vegetables per day in 2009, by gender**



**2005 Dietary Guidelines for Americans**

Women need at least 7-9 servings (3.5-4.5 cups) of fruits and vegetables per day

Men need at least 9-10 servings (4.5-5 cups) of fruits and vegetables per day

## Nebraska Behavioral Risk Factor Surveillance System

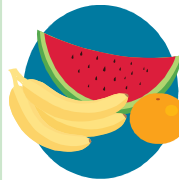


**fruits & veggies  
more  
matters™**

Fresh, frozen, dried, or canned fruits and vegetables count toward your daily fruit and vegetable goal.

Look for fruit without added sugar or syrups and vegetables without added salt, butter, or cream sauces.

To find out how many fruits and vegetables you need each day, as well as tips for incorporating more fruits and vegetables into your diet, visit [www.fruitsandveggiesmatter.gov](http://www.fruitsandveggiesmatter.gov)



Compared to people who only eat small amounts of fruits and vegetables, those who eat more generous amounts tend to have reduced risk of chronic diseases,

including:

- Stroke
- Type 2 diabetes
- Some types of cancer
- Cardiovascular disease and hypertension

Most fruits and vegetables are naturally low in calories and provide essential nutrients and dietary fiber.



**Interested in helping to create policies and environments supportive of healthy eating in your community?**

**Check out the Nebraska Physical Activity and Nutrition State Plan!**

(available at [www.hhs.state.ne.us/hew/hpe/nafh/Docs/PANstateplan.pdf](http://www.hhs.state.ne.us/hew/hpe/nafh/Docs/PANstateplan.pdf))

**For more information about healthy eating, or to order color reprints of this report, contact:**

Nutrition and Activity for Health  
301 Centennial Mall South, P.O. Box 95026  
Lincoln, NE 68509-5026  
Phone: 402-471-2101  
Fax: 402-471-6446  
Website: [www.dhhs.ne.gov/nafh](http://www.dhhs.ne.gov/nafh)

**Nutrition & Activity  
FOR HEALTH**  
— PREVENTION WORKS

### About the Nebraska Behavioral Risk Factor Surveillance System

The Nebraska Behavioral Risk Factor Surveillance System (BRFSS) has been conducting surveys annually since 1986 for the purpose of collecting data on the prevalence of major health risk factors among adults residing in the state. Information gathered in these surveys can be used to target health education and risk reduction activities throughout the state in order to lower rates of premature death and disability.

The data presented in this report come from nearly 16,000 landline telephone BRFSS surveys conducted in Nebraska in 2009. Prevalence estimates are based on weighted data rather than raw numbers of responses to a question. The weights adjust for over- or under-sampling of age/gender groups.

**To learn more about the Nebraska Behavioral Risk Factor Surveillance System, or to view additional reports, visit: [www.dhhs.ne.gov/brfss](http://www.dhhs.ne.gov/brfss)**